

11 Smartest Fall Health Tips to Stay Well This Season

With the changing of seasons comes the need to make lifestyle changes, too. It's a great time to reset your health routines and continue healthy habits. A cornerstone of healthy fall habits will keep your immunity strong and your mind clear as you wrap up another busy year. Here we share 11 tips for keeping you and your team healthy all fall long.



Tip #1: Moisturize

Dry fall air can suck the moisture out of your skin, causing excessive dryness and cracks. After showering and throughout the day, be sure to moisturize with lotion to prevent skin issues like infections due to cracking.



Tip #3: Get a Flu Shot

Before the end of October, opt to get your flu shot to keep influenza away. Aside from keeping the flu away, new research shows a flu shot may also lower stroke risk by as much as 12 percent.



Tip #5: Focus on Financial Wellness

With the holidays coming up, it's easy to fall into the trap of spending too much. This fall, start looking at ways to regain financial stability. This may mean working with a financial advisor and/or therapist to start conversations about what that looks like to keep spending habits in check.



Tip #7: Consume Healthy Foods

Unique in-season produce is available starting now. Opt to fill your plate with fibrous pumpkin, sweet pears, kale, beets, and more. Roasting squashes and root veggies make for an excellent side dish.



Tip #9: Take Time for Self-Care

Make it a priority to take time for yourself. Doing so will keep you refreshed and ready to spend time doing your best at work and giving your full attention to loved ones. Remember, self-care is far from selfish!



Tip #11: Take Vitamin D

In colder climates, a lack of sunshine exposure can cause vitamin D levels to plummet. Consider adding a vitamin D supplement to your diet if you don't intake a lot through cereal, soy milk, orange juice or yogurt. A doc can perform a blood test to check your levels.

Tip #2: Check Safety Alarms

Since most house fires increase during the fall and winter, remind employees to check both their smoke alarms and carbon monoxide alarms to ensure they're in working order. CO poisoning in particular can cause symptoms to come and go including chest pain, dizziness, and headaches.



Tip #4: Mask Up Indoors

Those living in medium-to-high risk areas where Covid is spreading may want to continue masking up indoors. For the immune-compromised, it's also a good idea to mask up during cold and flu season as an extra precaution.



Tip #6: Book Those Health Appointments

Consider booking your annual eye exam, physical, and other specialist appointments now. The end of the year tends to get busy for many providers as people try to snag appointments in-between holidays.



Tip #8: Try Crockpot Meals

Cut meal time prep down by using crockpot meals that are well-planned and nutritious. Lower cooking temperatures may help preserve nutrients that can be lost when food is cooked too fast in high heat.



Tip #10: Get Active Outside

Whether you enjoy apple picking, hiking, running, or even yard work, spend time outdoors for a mental and physical boost this fall.



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Using Technology to Combat Diseases and Help People With Disabilities Francisco José García-Peñalvo, Henriëtte Geralde Van der Roest, Giovanni Ottoboni, 2022-04-04 *Care of the Adult with Intellectual Disability in Primary Care* Peter Lindsay, 2020-01-30 Care of adults with intellectual disability in the UK has relocated from long stay hospitals to small community homes and family placements This has led to GPs increasing responsibility for the care of a group with particularly high rates of morbidity and mortality This key book is the first in the UK to describe and advise on the medical care of adults with intellectual disability in primary care and in the community It is a practical handbook written by clinicians with regular involvement in the care of adults with intellectual disability and is based on current practice and international evidence bases Numerous conditions from autism spectrum disorders to Williams syndrome are explored the complex problems they can present examined and the need to offer annual health checks and implement practices to comply with QOF requirements addressed A glossary and a list of useful electronic resources is also included The book s content reflects the RCGP curriculum and the Curriculum Guardian has been responsible for much of the editing It will be informative reading for GPs practice nurses GP registrars medical students district nurses physiotherapists and occupational therapists as well as for the families and friends of adults with intellectual disability [Saunders Q & A Review for the NCLEX-RN® Examination: Second South Asia Edition - E-book](#) Linda Anne Silvestri, Angela Silvestri, 2021-08-09 [Saunders Q A Review for the NCLEX RN Examination Second South Asia Edition E book](#) **Cambridge Handbook of Psychology, Health and Medicine** Carrie D. Llewellyn, Susan Ayers, Chris McManus, Stanton Newman, Keith J. Petrie, Tracey A. Revenson, John Weinman, 2019-05-16 This third edition of the much acclaimed Cambridge Handbook of Psychology Health and Medicine offers a fully up to date comprehensive accessible one stop resource for doctors health care professionals mental health care professionals such as psychologists counsellors specialist nurses academics researchers and students specializing in health across all these fields The new streamlined structure of the book features brief section overviews summarising the state of the art of knowledge on the topic to make the information easier to find The encyclopaedic aspects of the Handbook have been retained all the entries as well as the extensive references have been updated Retaining all the virtues of the original this edition is expanded with a range of new topics such as the effects of conflict and war on health and wellbeing advancements in assisted reproduction technology e health interventions patient reported outcome measures health behaviour change interventions and implementing changes into health care practice **The New Mexico School Review**, 1950 *Psychology for Medicine and Healthcare* Richard de Visser, Susan Ayers, 2025-03-15 As our understanding of what constitutes good health grows so does our need to understand the psychological aspects of medicine and health as well as the psychological interventions available in healthcare This bestselling textbook provides a comprehensive overview of research theory application and current practices in the field The new edition delves deeper into critical topics such as diversity and

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- Chapter 1: Introduction to Fall Boots Mental Health Tips Review
- Chapter 2: Essential Elements of Fall Boots Mental Health Tips Review
- Chapter 3: Fall Boots Mental Health Tips Review in Everyday Life
- Chapter 4: Fall Boots Mental Health Tips Review in Specific Contexts
- Chapter 5: Conclusion

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4. In chapter 3, the author will examine the practical applications of Fall Boots Mental Health Tips Review in daily life. The third chapter will showcase real-world examples of how Fall Boots Mental Health Tips Review can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Fall Boots Mental Health Tips Review in specific contexts. The fourth chapter will explore how Fall Boots Mental Health Tips Review is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Fall Boots Mental Health Tips Review. The final chapter will summarize the key points that have been discussed throughout the book.

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